

# Free Yourself from Self-Consciousness Self-Empowerment workshop

**NORTH: D236  
THURS., DEC. 8, 2016  
2:25 TO 3:15 P.M.**

This workshop will help you face your self-consciousness during public speaking or performing, and teach you how to be brave and overcome it.

Let go of what holds you back and unleash your inner being.

We use a variety of training techniques used by actors for personal discovery.



**WE ARE  
HUMBER**

TO REGISTER EMAIL:

[WWW.HUMBER.CA/CENTREFORTEACHINGANDLEARNING](http://WWW.HUMBER.CA/CENTREFORTEACHINGANDLEARNING)

